

DON'T MIX

PROTEIN + STARCH = NO
PROTEIN + FAT = NO
PROTEIN + VEGETABLES = YES
STARCH + VEGETABLES = YES
STARCH + ACID = NO
STARCH + FRUIT = NO

PROTEINS

BEEF	NUTS*
CHICKEN	BEANS*
FISH	LENTILS*
LAMB	PEANUTS*
PORK	SOY PRODUCTS*
SEEDS	SPLIT PEA*
DAIRY*	POPCORN*
EGGS*	

*FOODS THAT ARE DIFFUCULT TO DIGEST ALONE-TRY TO AVOID.

FATS

AVOCADO	COCONUT*
OIL	EGGS*
OLIVES	DAIRY*
NUTS*	PEANUTS*

STARCHES

BREAD	BEANS*
RICE	LENTILS*
POTATO	PEANUTS*
YAMS	SOY PRODUCTS*
PASTA	SPLIT PEA*
ALL GRAINS	POPCORN*
COCONUT*	
CORN*	

DON'T MIX

OK TO MIX

OK TO MIX

LOW & NON-STARCHY VEGETABLES

RAW VEGETABLES	SHREDDED CARROTS	ZUCCHINI
LETTUCE	ALFALFA SPROUTS	SUMMER SQUASH
CELERY	CARROTS	EGGPLANT
SPINACH	KALE	ASPARAGUS
RED/YELLOW PEPPER	COOKED VEGETABLES	BOK CHOY
CUCUMBER	BROCCOLI	PEAS (NOT SPLIT)
CABBAGE	CAULIFLOWER	SPAGHETTI SQUASH

OK TO MIX

OK TO MIX

SWEET FRUIT

BANANA	PERSIMMON
DARK GRAPES	RAISINS
DATES	
FIGS	
DRIED FRUIT	

ACID FRUIT

ORANGE	LIME
PINEAPPLE	KIWI
GRAPEFRUIT	TANGERINE
STRAWBERRY	CLEMENTINE
LEMON	

SUB-ACID FRUIT

APPLE	PAPAYA
PEAR	MANGO
PEACH	CHERRIES
PLUM	ASIAN PEAR
NECTARINE	

MELONS

SHOULD BE EATEN ALONE OR LEFT ALONE!

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OK TO MIX

More Tips: Drink fresh pressed **vegetable** juice daily if possible. Experiment with different combinations. . . fresh juice should taste **yummy!** If you have a late night indulgence, refrain from a morning juice and/or eating fruit -this will have a negative impact. (Fresh juice/eating fresh fruit in the a.m. will not ease a previous evening out of "drinking", it will compound it.) Drink water instead with fresh squeezed lemon. Remember it is best to eat protein at dinner not earlier in the day. Desserts are best after dinner not after earlier meals. If you eat a mis-combined meal, it is best to place it at dinner. If you do not have an appetite at breakfast, then refrain from eating at that time. Fruit is an excellent food to eat at breakfast since it has a short transit time. Melons should be eaten alone or left alone. Once you've had any cooked food, try to refrain from eating fruit anytime after it on the same day.

- Warm Regards, The LYT Family

Water (when you feel thirsty)

BREAKFAST IDEAS

Fresh veggie juice (a great way to begin the day)

- 12 oz.-15 min.
- 16 oz.-35 min.
- 24 oz.-45 min.
- 32 oz.-1 hr.

Fresh fruit (wait the listed times before eating fruit)

Depending on amount (1 or 2 hrs.)

Oven baked whole grain bread w/avocado (3 or 4 hrs.)

LUNCH IDEAS

- Green leafy salad w/lemon olive oil dressing (2 hrs.) w/avocado (3.5 hrs.)
- Green leafy salad followed by cooked veggies (3.5 hrs.) w/ yams or grains (4.5 hrs. minimum)

DINNER IDEAS

Green leafy salad followed by cooked veggies including fish, chicken, beef (6-8 hrs.)

Local Juice Bars:

1. Surf City Squeeze: 316 5th Ave @32nd St. 279-5444
 2. Health 4-U Nature's Market* 432 Park Ave So. (29-30)
(closed Sun) 532-2644 *Indicates ORGANIC.
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Places to Eat Nutritious and Delicious Food:

- Angelica Kitchen 212-228-2909 300 E 12th St @2nd Ave
- Apple 212-473-8888 17 Waverly
- Baby Cakes NYC 212-677-5047 248 Broome St. (@ Orchard)
- Bonobos 212-505-1200 8 East 23rd
- Café Viva (Viva Herbal Pizzeria) 420-8801 179 2nd Ave (b/t/11th & 12th)
- Candle Cafe 212-472-0970 1307 3rd Ave (btwn 74th&75th)
- Caravan of Dreams East 405 E 6th B/T/ 1st & A Aves
- Counter 212-982-5870 105 1st Ave (b/t 6th & 7th St.)
- Gobo - (212) 288-3799 1426 3rd Avenue (b/t 80th & 81st)
- Gobo- 212) 255-3242 401 Avenue of the Americas
- Gobo 212-255-3242 402 Sixth Ave (@ 8th St)
- Liquiteria 212-358-0300 170 2nd Ave @11th St
- Mana 212-787-1110 646 Amsterdam Ave (btwn 91st & 92nd)
- Ozu 212-787-8316 566 Amsterdam Ave (btwn 87th & 88th)
- Pure Food and Wine 212-477-1010 54 Irving Place @17th St.
- Pure Juice and Take Away 212-477-7151 125 1/2 E 17th Street
- Raw Soul 212-491-5859 348 W 145th (btwn St. Nicholas & Edgecombe)
- Tsampa East 212-614-3226 212 E 9th St (b/t 2nd & 3rd Aves)
- Whole Earth Bakery & Kitchen 212-677-7597 130 St. Marks (1st & A)
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Food Suggestions

Food Flavorings:

1. Bragg's Liquid Aminos (similar to Soy Sauce, but it's non-fermented)
2. Nama Shoyu (raw soy sauce)
3. Herbamare and/or Trocomare (sea salt with organic dehydrated herbs)
4. Garlic Powder/Onion Powder, Oregano Powder/Rosemary Powder, Chilli Powder, Cumin Powder, Cumin Seeds, and Mustard Seeds.

Breads and the Like:

1. Ezekiel makes an amazing bread line: loaf, flatbread, pita, English Muffins, buns, and corn tortillas, and pasta.
2. French Meadow: loaf Spelt Bread (remember, always toast your bread)
3. Manna Bread: The Multi-grain and Millet Rice are great (in freezer dept.)
4. Whole Foods: Freezer Dept: Cornmeal Pizza crusts. . . AWESOME!
5. Whole Wheat Pie Crusts: freezer dept. . . look for the brand without sugar.
You can make a vegan pot-pie with a variety of vegetables you dice up!
6. Whole Foods Brand: Frozen Sourdough - ready to go- just bake in oven 10 min.
7. Ryvita Dark Rye Crisp Bread

Misc:

1. Hawthorn Valley Sauerkraut without vinegar.
(Commodities on 165 First Ave @ 10th Street)
 2. Seaweed: Dulse, Wakame, & Nori Sheets.
 3. Sesame Seed & Seaweed Shake
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Suggested Books:

Amazon has just about all of these books.
Also: East West Books on 5th Ave b/t 13-14th Streets

1. Dr. Norman Walker
 - Become Younger
 - Colon Health
 - Fresh Vegetable and Fruit Juices
2. Professor Arnold Ehret
 - The Mucusless Diet Healing System
 - Rational Fasting
3. Dr. M. Ted Morter, Jr.
 - Dynamic Health
 - Your Health Your Choice
4. Caroline Myss
 - Anatomy of the Spirit
5. Viktor Kulvinskis
 - Survival in the 21st Century (hard to find)
7. Steve Meyerowitz
 - Food Combining and Digestion
8. Natalia Rose
 - The Raw Food Detox Diet
9. Matthew Kenney & Sarma Melngailis
 - Raw Food Real World
10. You Can Heal Your Life
 - Louise L. Hay

Fertility

11. Dr. Toni Weschler
 - Taking Charge of Your Fertility
12. Juia Indichova
 - Inconceivable